

SATURDAY, 7/23

Obsidians: climb Mt. Jefferson, 16 miles; hike Lillian Falls & Goddard Nature Trail, 2.4 miles, sign up obsidians.org

Browder Ridge/Iron Mountain Butterfly Count, beginners welcome, bring water & lunch, 8am, Campbell Center, 155 High St., reg. NABA. ES.trips@gmail.com \$3.

Cottage Grove Town & Country Garden Tour, 8am-3pm, tour of sustainable forestry, working mini-farm & 14 private gardens in Cottage Grove, benefit for South Lane Mental Health, www.cottagegrovegardentour.org or 942-7414. \$12, \$5 kids 12 & under.

Community Rock Climbing at the Columns, all skill levels, equipment provided, ages 8 & up, 9-11am, Skinner Butte Park, 2nd & Lincoln. \$10.

Midsummer Skate Competition, all ages, 5-8pm, Churchill Skate Park, 18th & Bailey Hill. \$3, spectators FREE.

South Lane Cruisers Car Show, 6pm, Coiner Park, Cottage Grove. (541) 942-2411. FREE.

Rabbit Proof Fence, 9pm, Amazon Park. FREE.

Ems vs. Vancouver continues. See July 21.

Fiesta Latina continues. See July 22.

Gem Faire continues. See July 22.

Wild Women's Horseback Riding Retreat continues. See July 22.

SUNDAY, 7/24

Obsidians: hike Tam McArthur Rim, 5 miles; bike Cottage Grove-Creswell-Lorane Loop, 44 miles, sign up obsidians.org

Rolf Prima Triathlon, Cottage Grove, www.rolfprima.com \$65-\$99.

BRING Birthday Bash, 10am-4pm, 4446 Franklin Blvd.

Eugene Emeralds vs. Everett, 1:05pm today, 7:05pm tomorrow & Tuesday, PK Park, 342-5367. \$6-\$12 per game.

Junction City Polka Band, 6:30pm, Washburne Park, 20th & Agate.

Slightly Stoopid, Rebelution, Shwayze & Cisco, 6:30pm, Cuthbert Amphitheater. \$32.50 adv., \$35 gate.

Gem Faire continues. See July 22.

Wild Women's Horseback Riding Retreat continues. See July 22.

MONDAY, 7/25

Obsidians: climb Mt. St. Helens, 9 miles, sign up obsidians.org

Ems vs. Everett continues. See July 24.

TUESDAY, 7/26

OBRA Criterium continues. See June 7.

Ems vs. Everett continues. See July 24.

WEDNESDAY, 7/27

Obsidians: Spencer Butte trail maintenance. Sign up obsidians.org

Accessible Aquatics, ages 6 & up, 10-11am Amazon Pool, 682-5311. \$30

Evening Kayak Trips, "urban wilderness" kayak trips on Willamette River, for kids ages 12 & older and their relatives, Whitewater Kayak Level 1 course experience required, 5:30-9pm, River House Community Center, 301 N. Adams St., reg. 682-5329. \$5 per person, includes transportation.

Drawing Marathon, 6pm, Kesey Square, Broadway & Willamette. Don.

Bike Riding for Fun & Fitness continues. See June 8.

THURSDAY, 7/28

Rare Monk, 6:30pm, Monroe Park, 10th & Monroe.

Crazy 8s, 7pm, Monteith Riverpark, 489 Water Ave., Albany. FREE.

Drop-In Kayaking continues. See June 9.

Walk with Us continues. See June 9.

Thursday Nighter Ride continues. See June 16.

FRIDAY, 7/29

Breakfast at the Bridges, minor bike tune-ups, bell installation, 7-9:30am, Greenway Bike Bridge, across from VRC. FREE.

Summer Bingo, all ages, 11am-1pm, Campbell Center, 155 High St., 682-5318. \$2.

Lowell Blackberry Jam Festival, greased pole climb, fishing derby, magic show, blackberry pie eat-off, kids' activities, music & more, 5pm-10pm

FIVE WAYS TO NOT GET BIKE-JACKED THIS SUMMER

Summertime's (almost) here, and you want to ride your bicycle. You want to ride it where you please. While reported bike thefts in this city are down over the past few years, bike-jacking is still a major issue. Here are some helpful tips for keeping your bike safe while you're out enjoying the sunshine.

1). Use a strong U-lock — Most wire locks are easily snipped, but it takes a much stronger tool to break a U-lock. While a basic U-lock runs about \$30, local bike advocate Paul Adkins suggests buying a more expensive one to protect bikes you're particularly attached to. Simply locking your bike frame to an appropriate spot and fitting the U-lock around the front wheel as well as possible will deter most potential bike thieves. Also, a smaller U-lock is harder to break. "You can't use a car jack to break open a U-lock if the lock is too small," advises Paul Nicholson of Paul's Bicycle Way of Life.



2). Have a chain lock as well — The frame and front wheels are not the only part of your bike that can be stolen. Wrapping a chain around the other valuable parts will offer further protection. "A thief is less inclined to go through the trouble of cutting a chain if he still can't get the frame or wheel," Nicholson says.

3). Don't leave the bike out overnight — "The majority of bike thefts are either because it [the bike] isn't properly locked or someone left it overnight," Adkins says. He's got a point — you don't often see people carrying around car jacks and wire cutters in broad daylight, do you?

4). Park your bike in conspicuous places — It may seem like a good idea to stash your bike behind some bushes, but remember: If your bike is not in plain view, then it will also be harder to see someone steal it. "Bike thieves love finding bicycles locked up in places out of sight," Nicholson says.

5). Register your bike — Paul's Bicycle Way of Life has a handy database that keeps track of registration numbers, bike types, manufacturers, colors, etc. Registration is free, as is the reporting of lost and found bikes. It is a great tool for trying to recover your bike if the unthinkable happens. — *John Locanthi*

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